



MIDLAND HEALTH & SENIOR SERVICES

A DIVISION OF COMMUNITY SERVICES

PUBLIC HEALTH REVIEW

A message from the Health Manager

Hello everyone, I'm Celestino (Sal) Garcia, R.S, Health Manager. Welcome to the Public Health – Midland Health & Senior Services Department newsletter. We hope that you find it informative. We ask you to please visit our website where you will find a broad range of information on health topics that help our community stay safe from health threats, promotes better health, and help people get access to the health care they need. We welcome you to explore and enjoy the site, and your comments and questions are most welcome. Please access our website by going to: <http://www.midlandtexas.gov> then click on "Residents".

Public Health-Midland Health & Senior Services Mission Statement

Goal

Protect and improve the health and well-being of all people in Midland County, as defined by per person healthy years lived. Whenever possible, employ strategies, policies, and interventions to reduce health disparities.

Principles

1. Based on Science and Evidence
2. Focused on Prevention
3. Centered on the Community

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Public Health Functions

1. Health Protection
 - a. Tracking and preventing disease and other threats; such as tuberculosis and HIV
 - b. Communicable disease epidemiology
 - c. Ensuring the safety of water and food.
2. Health Promotion
 - a. Leading efforts to promote health and recommended childhood and adult immunizations
3. Health Provision:
 - a. Advocating for access to quality health care for all,
 - b. Forming partnerships with service providers and
 - c. Directly providing individual health services when there is a public health need.

Department functions are carried out through core prevention programs, environmental health programs, and the Public Health Emergency Preparedness program.

Holiday Cooking: Keep it Safe!

As the holidays approach, we like to celebrate by entertaining friends and family, throwing parties, and preparing feasts. From the buffet table to the office party, food moves to center stage throughout the holiday season. Be sure to keep food safe by following basic food safety steps...

Clean: Wash hands and food-contact surfaces often. Bacteria can spread throughout the kitchen and get onto cutting boards, knives, sponges, and counter tops.

Separate: Don't cross-contaminate--don't let bacteria spread from one food product to another. This is especially true for raw meat, poultry, and seafood. Keep these foods and their juices away from ready-to-eat foods.

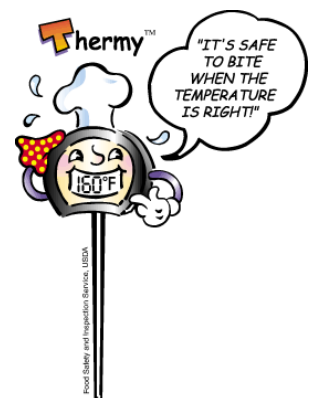
Cook: Cook to [proper temperatures](#). Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause foodborne illness.

Chill: Refrigerate promptly. Refrigerating foods quickly keeps most harmful bacteria from growing and multiplying. Refrigerators should be set at 40 F and the freezer at 0 F, and the accuracy of the settings should be checked occasionally with a thermometer.

Visit the sites below for more information about food safety:

- ▣ [Thermy \(TM\) says, "It's Safe to Bite When The Temperature is Right!"](#)
- ▣ [USDA information on cooking turkey](#)
- ▣ [Roasting those "other" holiday meats](#)
- ▣ [Preparing a safe Thanksgiving meal](#)
- ▣ [Fight BAC! for food safety](#)
- ▣ [CDC Food Safety](#)
- ▣ www.FoodSafety.gov

US Department of Agriculture Meat and Poultry Hotline:
1-800-535-4555 (Toll-free Nationwide)
1-800-256-7072 (TDD/TTY)
E-mail: mp hotline.fsis@usda.gov



SOURCE: <http://www.cdc.gov/foodsafety/holidaycook.htm>

Health and Safety Tips

Prepare for extremely cold weather every winter—it's always a possibility. There are steps you can take in advance for greater wintertime safety in your home.

Although periods of extreme cold cannot always be predicted far in advance, weather forecasts can sometimes provide you with several days notice. Listen to weather forecasts regularly, and check your emergency supplies whenever a period of extreme cold is predicted.

If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector, or find one in the yellow pages of your telephone directory under "chimney cleaning."

Also, if you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly, and replace batteries twice a year.

Your ability to feel a change in temperature decreases with age, and older people are more susceptible to health problems caused by cold. If you are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently, and check the temperature of your home often during the winter months.

Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze. To the extent possible, weatherproof your home by adding weather-stripping, insulation, insulated doors and storm windows, or thermal-pane windows.

If you have pets, bring them indoors. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure that they have access to unfrozen water.

Checklist

- Insulate walls and attic.
- Caulk and weather-strip doors and windows.
- Install storm windows or cover windows with plastic from the inside.
- Insulate any water lines that run along outer walls (water will be less likely to freeze).
- Service snow-removal equipment.
- Have chimney and flue inspected.
- Install easy-to-read outdoor thermometer.

SOURCE: <http://www.bt.cdc.gov/disasters/winter/beforestorm/preparehome.asp>

Autumn Childhood Immunization Hours

The Midland Health Department will be open from 5 p.m. to 7 p.m. on the following Mondays during the autumn to help parents meet immunization requirements.

October 26

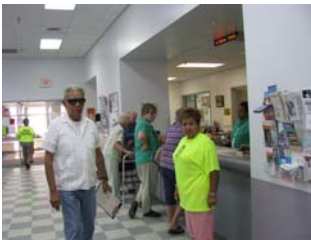
November 23

A parent/guardian must be present and needs to bring the child's updated immunization record.

****Please take advantage of these autumn hours****

PLEASE NOTE THAT THESE ARE NOT FLU VACCINATION CLINICS

Senior Citizen Seasonal Flu Vaccine Clinic



Midland Health & Senior Services provided seasonal influenza vaccine to nearly 900 Midland citizens on September 10, 2009, and September 21, 2009. **Our gratitude goes to the following organizations: Retired Senior Volunteer Program who aided tremendously by directing traffic and helping the citizens complete paperwork; The Salvation Army, the refreshments were greatly appreciated by everyone involved; and the City of Midland Parks Division, thank you for the chairs and fans.**

Midland Health & Senior Services asks the public, in addition to receiving the influenza vaccine, please practice the following standard precautions to reduce the spread of respiratory illness:

- Stay home if you have influenza-like symptoms or other symptoms of respiratory illness.
- Cough or sneeze into the crook of your elbow or into a tissue and properly dispose of the tissue.
- Wash hands frequently and thoroughly with soap and warm water or use an alcohol based sanitizer.
- Avoid touching your eyes, nose or mouth to reduce the risk that germs on your fingers enter your body.



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